

August 8, 2003

Washington Middle School for Girls  
Ms. Jennifer Gibbs Phillips  
2683 Douglas Road, SE  
Washington, DC 20020

Dear Ms. Phillips:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades 4 through 12.

Key highlights from your review:

- The meal pattern requirements for portion sizes and components are being met both daily and weekly.
- Adequate documentation was available in the form of nutrition facts labels, and recipes to complete the analysis.

Based on the documentation you provided, the analysis for the week of review indicates your menus are elevated in total fat, saturated fat, and Calories; and low in Vitamin A. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Cole's Catering, you will need to coordinate with them to make any necessary changes.

<b>Plan of Action</b> <b>Meal Pattern and Nutrition Standards Compliance</b>	
<b>Observations/Finding</b>	<b>Recommendations</b>
No production records available during on-site visit. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain production records.	Production records with planned numbers must be kept for every day's production. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
<p>Total Fat (TF): The analysis of lunch shows average TF at 37.34%</p> <p>Saturated Fat (SF): The analysis of lunch shows average SF at 13.11%.</p>	<ul style="list-style-type: none"> <li>♦ Offer 1% white and chocolate milks, or nonfat milk, which is lower in fat than the whole milk you currently serve.</li> </ul> <p>Ask your caterer to:</p> <ul style="list-style-type: none"> <li>♦ Look for lower fat entrée products. The pizza, beef pattie, and chicken nuggets they purchase are quite high in fat.</li> <li>♦ Modify the deli sandwich recipe. Even though the meats are turkey products, the use of 3 oz of meat and 1 oz of cheese adds up. Reduce the overall amount to 3 oz total, and use a reduced fat cheese. According to the Nutrition Facts Label, the sub roll also contributes almost 25% of the fat for this recipe.</li> <li>♦ Avoid offering mayonnaise with menu items, or offer a low fat or nonfat mayonnaise.</li> </ul>
Vitamin A: The average menu content is 243 RE, which is only 85% of the target value.	Offer a wider variety of fruits and vegetables high in Vitamin A. Good sources are carrots, spinach, red bell peppers, broccoli, cantaloupe, and tomatoes. The deeper the orange or yellow color of the fruit or vegetable, the more Vitamin A it will provide.

Total Calories: 921 Calories are 117% of the target of 785 for this age range.	The increasing trend of obesity in our children requires excess calories offered to children should be avoided. <ul style="list-style-type: none"><li>♦ Offer 1% white and chocolate milks instead of whole milk.</li><li>♦ Reducing the fat as recommended above will also reduce the overall total Calories.</li><li>♦ Of course, food given on the tray does not mean the children <i>consume</i> all the food on their tray, but the meal offered should still fall within the USDA guidelines.</li></ul>
Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.	Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Kathleen Shorter